

The University of Jordan
Faculty of Nursing
First aid 2015

Introduction

Definition of first aid

First aid is defined as "Assessments and interventions that can be performed by the victim with minimal or no medical equipments" (The National First Aid Science Advisory Board, 2006).

First aid is the initial help we can give a victim for treatment of any sudden injury or illness, until more professional help arrives. This application can be at home or in the workplace (AHA, 2005).

Goals of First Aid

To teach you how to evaluate, stabilize, and treat patients using a minimum of specialized equipments

- The whole point of First aid is to save lives. Never lose sight of this.
- Once we have 'saved the life' of our casualties, then we can start to think about stopping their condition from getting worse and even starting them on the road to recovery.
- Most of the first aid that you will have to practice will probably involve very minor conditions, e.g. small cuts and grazes, fainting etc. However, if you are prepared for the worse, it will make you feel more confident whoever the casualty, or whatever condition you treat.

Principles of First Aid

- Preserve life
- Prevent further injury
- Promote recovery

Importance of first aid

- Administration of first aid must not delay activation of the emergency medical services (EMS) system or other medical assistance when required.
- Education in first aid should be universal: everyone can learn first aid and everyone should (The National First Aid Science Advisory Board, 2005).

A first aid provider

Someone with formal training in first aid, emergency care, or medicine who provides first aid

Characteristics of First Aid Provider

- Able to work effectively and calmly.
- Able to manage the situation efficiently.
- Respect the privacy and confidentiality of the victims.
- Appreciated the help from other health care providers.
- Provide high quality first aid care.
- Able to triage the victims according to priority

What the first aid provider should know?

- What he/she should not do
- How to use the first aid kit
- How to improvise
- How to assist other Emergency care providers

The first Aid kit

The first aid should have the following characteristics:

- To be small enough for easy mobility.
- Contains specific tools that we need to provide first aid.
- Its contents are clearly arranged and classified.
- Located in open and easily accessible place.
- Its contents are periodically checked to ensure the validity of the products especially the medications

Content of First Aid Kit

Manual	Antiseptic solution	Adhesive tape	Crib bandage
Medications	Gloves	4X4 gauze pads	Safety pins
scissor	Triangular bandage	face mask	Mouth to mask resuscitation device
airways	Flash light	Occlusive Dressing	Burnt sheet
Cervical collar	Splints for arms and legs	Cold packs	

Roles and Responsibilities of First Aid Provider

- Protect yourself and the victim
- Perform the victim assessment

- Provide care and reassurance
- Move the victim when necessary
- Seek and direct help from bystanders
- Assist paramedics
- Document your care
- Keep your knowledge updated

Safety precautions

- Your safety is the first priority in First Aid
- Do not put yourself in risk while you help others
- You may have to make an instant decision to either leave the incident, remove the danger or move the casualty away from the danger, so long as you do not endanger your own life.
- Look around and check for safety (for yourself and the victim)
- If the victim is unsafe- Move

Before performing any First Aid, Check for:

- Electrical hazards
- Chemical hazards
- Noxious & Toxic gases
- Ground hazards
- Fire
- Unstable equipment

Safety First

- Protect from blood born diseases [blood, saliva, urine,....]
- Use personal protective equipments such as gloves, mask
- Wash hands well with soap and water
- Place all disposables in a waste bag and seal it.

Serious diseases, such as HIV and hepatitis B, can be transmitted through blood.

- Rescuers should avoid contact with blood from wounds, especially the blood of strangers whose medical history is unknown. Latex examination gloves afford the best protection.
- If gloves are not available, plastic can be used. For example, rescuers can place their hands inside plastic food storage bags or anything waterproof.
- If contaminated with blood, the hands—including the area under the fingernails—should be washed vigorously with soap and water or a mild solution of bleach (about 1 tablespoon of bleach per quart of water, or about 15 milliliters of bleach per liter of water) as soon as possible.
- If neither is readily available, an alcohol-based hand sanitizer can be used.
- Contact with saliva and urine is much less likely to result in disease transmission than is contact with blood.

- All wounds are considered to be contaminated since infection-producing organisms (germs) are always present on the skin and clothing, and in the soil, water, and air.
- Any missile or instrument (such as a bullet or knife) causing a wound pushes or carries the germs into that wound.
- Infection results as these organisms multiply. That a wound is contaminated does not lessen the importance of protecting it from further contamination.

Calling for Help

Get medical assistance by calling for emergency medical care (except in cases of choking and some events in which interventions should be started before calling for help).

- Access emergency medical care by calling 911.
- The caller should rapidly give the dispatcher:
 - His full name
 - The address
 - A full description of The person's condition
 - How the injury or illness developed
- Send two people with all the information about the number of victims and a brief history of the accident or sudden illness.
- When sending for professional help try, if possible, to write down your instructions because this will help to avoid mistakes and save valuable time.
- If several rescuers are present, one should call for help while another begins assessment and first aid.
- The caller should not hang up until told to do so.
- Do not make a diagnosis. Do not say what condition the victim is suffering from, but instead describe what you can see and what he tells you. An example would be that you have a male aged 55 with severe pains in the chest and a pale complexion with a very weak pulse. You may guess that he is having a heart attack but it is not the role of a first aider to come to this conclusion.
- If the victim's condition deteriorates, for example he becomes unconscious; re-call the emergency services to up-date them on the situation. This will assist them in their decision making and they will also be able to support you.

Estimate of Time

A realistic estimate of **time available** must be made as quickly as possible to determine action time remaining. The key elements are the victim's physical, the situation, and the environment. Therefore, to determine the time available, you will have to consider:

Endurance

- ❖ Type of situation.
- ❖ Personnel and/or equipment availability.
- ❖ Weather.
- ❖ Terrain (natural and man-made).
- ❖ Environment (contaminated or uncontaminated)

Prioritizing

Prioritizing: Treating a person for the most life-threatening injuries first. It means leaving one victim to treat another.

If many people are injured, the most seriously injured person should be treated first.

- Determining who is in most urgent need of treatment may be difficult, because someone screaming in pain may be less seriously injured than someone who cannot breathe or who is in a coma and, therefore, is quiet.
- Assessment should take less than 1 minute per injured person.
- In each case, the rescuer should classify the conditions into 3 classes:
 - Class I: life threatening situation. For example difficulty breathing, massive bleeding, spinal cord injuries, and stab wounds.
 - Class II: urgent but not life threatening. For example a broken arm
 - Class III: not urgent. For example external wounds.
- When there are many people with serious injuries and resources are limited, rescuers may need to provide treatment only to those people rescuers believe have a chance of surviving.
- If the injured person is unable to convey medical information, the information should be obtained in other ways. For example, if an unconscious person is found near an empty bottle of pills, the bottle should be given to the emergency medical personnel. A description of how a person became injured and other information from bystanders, family members, or rescuers can be essential to the person's treatment.
- After these steps have been taken, reassurance and simple measures, such as supplying a blanket and keeping the person calm and warm, can provide comfort.

Positioning the Victim

As a general rule, a victim should not be moved, but there are times when you should do so:

- If the area is unsafe for you or the victim, move the victim to a safe location.
- If the victim is face down and needs CPR, turn the victim face up.

If you suspect that the victim might have a spinal injury, it is best not to move the victim. If the victim is unresponsive, and is breathing spontaneously, turn the victim onto his or her side (recovery position). Extend one of the victim's arms above the head and rolling the body to the side so that the victim's head rests on the extended arm. Bend both legs to stabilize the victim. Be aware of the potential for nerve and vessel injury if the victim lies on one arm for a prolonged period; it may be necessary to roll the victim to the other side.

Proper Handling of victims

You may have saved the victim's life through the application of appropriate first aid measures. However, his life can be lost through rough handling or careless transportation procedures. Before you attempt to move the casualty

- Evaluate the type and extent of his injuries.

- Ensure that dressings over wounds are adequately reinforced.
- Ensure that fractured bones are properly immobilized and supported to prevent them from cutting through muscle, blood vessels, and skin.

Based upon your evaluation of the type and extent of the injury and your knowledge of the various manual carries, you must select the best possible method of manual transportation. If the casualty is conscious, tell him how he is to be transported. This will help allay his fear of movement and gain his cooperation and confidence.

Casualties have feelings

One thing is for certain with all our victims - they are people with feelings and emotions in need of your help. It is important to remember that the first aider never treats, for example, a fractured arm or a cut finger. The first aider treats a person with a fractured arm, or a person with a cut finger. It is important to be a 'caring' first aider. The continuing reassurance of your voice can go a long way towards preventing a victim's condition from deteriorating.

Delegate duties

- Get help when required.
- Bring first aid kit or supplies when required.
- Control crowds.
- Reassure and support the victim or the family.